

## Run Routes, June - July 2024

We are currently running **Summer Routes** (Details [here](#))

Date	Distance/Group	Route	Direction
04/06/2024	Ron Reynolds Run 3 – no other official runs. Bring & Share afterwards		
11/06/2024	Club 10k and 5k race – no other official runs. Celebration buffet afterwards		
16/06/2024	loops	See Tony Baker	
	4 mile	Hayhead Wood	Forward
	6 mile	Forge Lane	Forward
	5k Training Group	check the App	
	Race Training Group	check the App	
25/06/2024	loops	See Tony Baker	
	4 mile	Canal 4	Forward
	6 mile	Little Aston Golf Course	Forward
	5k Training Group	check the App	
	Race Training Group	check the App	
02/07/2024	Ron Reynolds Run 4 – no other official runs		
09/07/2024	loops	See Tony Baker	
	4 mile	Cuckoos Nook	Forward
	6 mile	Canal 6	Forward
	5k Training Group	check the App	
	Race Training Group	check the App	
16/07/2024	loops	See Tony Baker	
	3 mile	Dumblederry Lane 3	Forward
	5 mile	Daw End 5	Forward
	6 mile	Over the Beacon	Forward
	5k Training Group	check the App	
	Race Training Group	check the App	
23/7/2024	loops	See Tony Baker	
	4 mile	Mill Lane	Forward
	6 mile	Canal 6	Forward
	5k Training Group	check the App	
	Race Training Group	check the App	
21/05/2024	loops	See Tony Baker	
	4 mile	Chester Road 4	Forward
	6 mile	Forge Lane	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	